

# Cucumber Salad with Tomatoes

**Makes:** 4 servings

Fresh tomatoes and cucumbers make this couscous salad a summer time treat.

## Ingredients

**2 cups** cucumber (diced)  
**1 cup** tomato (seeded and diced)  
**1/4 cup** onion (chopped sweet)  
**2 cups** couscous or rice, cooked  
**2 teaspoons** dill weed (chopped dried or fresh)  
**1/2 cup** Italian salad dressing, low-fat

## Directions

1. Wash hands.
2. Toss together the cucumbers, tomatoes, onions, couscous (or rice), dill, and salad dressing.
3. Chill for 1 hour.
4. Serve.

Arizona Nutrition Network, Don't Play With Your Food: Spring and Summer Cookbook

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>150</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>280 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>4 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available